

# 'Beat the Heat' Tips Given By Health Chief

By K. H. SUTHERLAND, M.D., County Health Officer  
Residents of Los Angeles County have enjoyed a pleasantly cool spring and early summer this year and have had little reason to complain about the heat thus far. Nevertheless, it is almost a certainty that unpleasantly hot days are in the offing and, as usual, will no doubt result in a certain number of heat-induced illnesses and some deaths. Even in the hottest weather such unhappy occurrences may be avoided in most instances.

As a matter of fact, it is surprising how well heat can be tolerated by most individuals when a few precautions are taken in order to live with it in reasonable comfort. When in a normally healthy condition the human body is equipped to adjust to a certain degree of heat, as it possesses a very excellent air cooling system. In hot weather the sweat glands dilate and the amount of perspiration released to evaporate in the air is considerably increased — a

process that assists in keeping the body cool. ON THOSE days when the humidity is high, however, it is more difficult for a person to keep comfortable, for the air is already so moist that it does not readily accept the additional moisture released by the body in perspiration. This helps explain why people in certain parts of the country suffer more during hot spells than do individuals in Los Angeles County where the humidity is generally low.

Heatstroke and heat exhaustion are the two major emergency conditions associated with excessive summer heat. Both conditions may occur after too much exercise or too much exposure to the sun, and both require the prompt administration of first aid measures. Emergency treatment differs in each condition; indeed first aid measures helpful in one condition are actually harmful in the other. HEATSTROKE most often happens to the elderly and is

often fatal. Common symptoms include flushing of the skin — which often becomes hot and dry to the touch, dizziness, high fever, violent headache, and difficult breathing. Unconsciousness and convulsions may also occur. First aid in heatstroke consists of placing the victim in the shade with head and shoulders raised, sponging the body with cool water, and applying cold compresses or an ice bag to the head. Stimulants are never given, and a doctor should be obtained without delay. In the event of heat exhaustion the skin is pale and cold and perspiration is profuse. Dizziness, nausea, and severe cramps may be experienced. Treatment consists of keeping the patient warm, placing him flat on his back with the head low, and administering half a teaspoon of salt washed down with a few swallows of water. Coffee or a teaspoon of aromatic spirits of ammonia may be given as a stimulant. Unless the individual makes a swift recovery, a doctor should be called.



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WITH A LITTLE care these extreme reactions to hot weather may be avoided, and one of the best preventives is very easy to take as it consists of doing as little as possible. If it is necessary to go out in the sun for more than a brief period a light broad-brimmed hat should be worn, but any type of head covering is better than none at all. Clothing should be light in weight and loose fitting. Well-balanced meals are necessary for good health at any time of the year, but most people will feel better if they eat less at mealtimes during excessively warm summer days. If lighter meals do not satisfy hunger, wholesome snacks may be eaten. The average person loses about two quarts of water and nearly an ounce of salt from his body on a real hot day, and these substances must be replaced in order that the body's air-conditioning system may function effectively. This is why an individual feels more comfortable on hot days if plenty of water or fruit juice is consumed and an extra pinch of salt is added to food. THIS SMALL amount of salt is usually enough, although individuals doing hard labor or strenuous exercise will require more. Active children may also need a little more, which can be taken in the form of a few salted crackers or nuts. It is always advisable for individuals with heart or kidney trouble to get medical advice before taking more salt than is ordinarily allowed in the diet. Cleanliness is more than ever important when the weather is uncomfortably warm. Daily bathing with tepid water is the established custom in many tropical countries, and its cooling effect is beyond question, it also has the additional advantage of keeping the skin clean and so permits more efficient functioning of the body's cooling system. QUITE A FEW people never feel too fit during the hot weather. They not only look and feel uncomfortable but also lack energy. This is not altogether an imaginary state, as some persons are more heat-susceptible than others. Nevertheless, sensible adaptation to hot weather usually results in a lessening of discomfort and a feeling of greater well-being. In any event, such measures help the individual to endure the heat at less cost to himself. A pamphlet on hot weather comfort will be mailed to anyone who sends a card of request to the Division of Health Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12. **North High Instructor At Workshop** Guy R. Old Jr., journalism instructor and advisor to the "North Wind" at North High School, has completed a two-week teachers workshop course at the Indiana University. Old and 11 other journalism instructors from high schools throughout the nation received certificates of completion at a banquet held on the University campus last week. The workshop is designed to acquaint teachers and high school newspaper advisors with new techniques in journalism.